

Recognizing & Responding to a

STROKE

In most cases, a stroke only impairs one side of the body.
To better identify the symptoms think **FAST**.

F



Facial droop

A



Arm drift

S



Slurred speech

T



Time is key. Get medical help quick!



While you wait for emergency services...

- Survey the scene to make sure it's safe
- Call 9-1-1
- If unconscious, place the casualty in recovery position and be prepared to perform CPR
- Seat the casualty in a comfortable position if conscious
- Do not give them anything to eat or drink
- Protect the casualty while moving or convulsing
- Reassure and keep the casualty warm
- Do not leave the casualty unattended



For more information about **STROKE**, read our monthly newsletter at **SJA.ca**